

# English language version

## Nottwil Environmental Factors Inventory

### Spinal Cord Injury

# NEFI-SCI

Date:									
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Patient-Nr.:
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## Introduction

In the following interview we will ask questions about the world around you – the environmental factors that may have a negative and/or positive impact on your life. For example, if you think about the accessibility of public places, you might experience accessibility problems that make it harder or impossible to visit certain public places. Or maybe all public places you might want to visit are accessible, thereby making your life easier. It is possible to rate an environmental factor both as a barrier and as a facilitator, for instance, if some public places are accessible and others not, or you may not have issues with accessibility for your leisure activities, but you may have troubles to get to your workplace. If accessibility keeps you from visiting some public places, you may choose to avoid participating in certain activities because of these accessibility problems, or you might overcome these problems, e.g. by asking people for help.

We will 1.) ask questions about environmental factors which influence your *social and community life* such as to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities, etc. and 2.) ask questions about environmental factors which influence your *productive life* such as work, school, volunteering, taking care of children or doing housework.

Please answer all questions by choosing the response category that best fits your situation in the last 12 months.

# 1. Social and community life

## 1.1. Barriers: Please answer for the following factors if they made your social and community life *harder* in the last 12 months.

- a) **Accessibility of public places and public buildings, e.g. inaccessible shops, theaters, parks, pathways or curb cuts** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- b) **Climate, e.g. very hot or cold temperature, ice, snow or rain** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- c) **Attitudes of society in general, e.g. prejudice, intolerance or ignorance** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- d) **Attitudes of family and friends, e.g. prejudice, intolerance or ignorance** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- e) **Attitudes of neighbors and acquaintances, e.g. prejudice, intolerance or ignorance** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable

- f) **Assistive technology for moving around, e.g. lacking or not properly working wheelchair, walker, stair lift or transfer boards** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- g) **Transportation, e.g. lacking or not properly working (adapted) car or public transport** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- h) **Personal support/assistance, e.g. lacking or inappropriate paid or unpaid help, including all kinds of assistance such as with self-care, homemaking or shopping** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- i) **Medications (e.g. side-effects) or supplies (lacking or not properly working catheters, urine bags, germicides, splints, pillows)** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- j) **Financial situation, e.g. shortage of own savings, government support or income** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- k) **Communication technology, e.g. lacking or not properly working special writing devices, computer, telephone or mail** made it harder to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable

- l) **Accessibility of other people's homes, e.g. inaccessible elevators, stairs or door width** made it harder to visit family or friends.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- m) **Accessibility of your own home, e.g. inaccessible elevators, stairs or door width** made it harder to visit friends or receive visits from family or friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable

**1.2. Do you avoid taking part in certain social and community activities, such as visiting friends or receiving visits from friends, going out, going shopping, going to church, doing sports or outdoor activities because of these barriers?**

- No, if there are barriers, I usually overcome these.
- Yes, I sometimes avoid taking part in social and community activities.
- Yes, I often avoid taking part in social and community activities.
- Yes, I almost always avoid taking part in social and community activities.

**1.3. Facilitators: Please answer for the following factors if they made your social and community life *easier* in the last 12 months.**

- a) **Accessibility of public places, e.g. accessible shops, theatres, parks, pathways or curb cuts** made it easier to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- b) **Climate, e.g. mild temperatures or no rain made** it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- c) **Attitudes of society in general, e.g. acceptance, tolerance, understanding** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- d) **Attitudes of family and friends, e.g. acceptance, tolerance, understanding** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- e) **Attitudes of neighbors and acquaintances, e.g. acceptance, tolerance, understanding** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable

- f) **Assistive technology for moving around, e.g. wheelchair, walker, stair lift or transfer boards** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- g) **Transportation, e.g. (adapted) car or public transport** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- h) **Personal support/assistance, e.g. paid and unpaid help, including all kinds of assistance such as with self-care, homemaking or shopping made** it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- i) **Medications (e.g. no side-effects) or appropriate supplies (catheters, urine bags, germicides, splints, pillows)** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- j) **Financial situation, e.g. own savings, government support or income** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- k) **Communication technology, e.g. special writing devices, computer, telephone or mail** made it easier to visit friends or receive visits from friends, to go out, to go shopping, to go to church, to participate in sports or outdoor activities.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable

- l) **Accessibility of other people's homes, e.g. accessible elevators or door width** made it easier to visit family or friends.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- m) **Accessibility of your own home, e.g. accessible elevators or door width** made it easier to receive visits from family and friends.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable

**1.4. Without these facilitators, would you take part as much in social and community activities, such as visiting friends or receiving visits from friends, going out, going shopping, going to church, doing sports or outdoor activities as you do now?**

- Yes
- No, I would take a little less part in social and community activities
- No, I would take much less part in social and community activities
- No, I would almost never take part in social and community activities



## 2. Productive life

### 2.1. Barriers: Please answer for the following factors if they made your productive life *harder* in the last 12 months.

- a) **Accessibility of public places, e.g. inaccessible workplaces, schools or universities** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- b) **Climate, e.g. very hot or cold temperature, ice, snow or rain** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- c) **Attitudes of employers or people in positions of authority , e.g. prejudice, intolerance or ignorance** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- d) **Attitudes of family and friends, e.g. prejudice, intolerance or ignorance** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- e) **Attitudes of colleagues or acquaintances, e.g. prejudice, intolerance or ignorance** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable

- f) **Assistive technology, e.g. lacking or not properly working wheelchair, walker, stair lift or transfer boards** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- g) **Transportation, e.g. lacking or not properly working (adapted) car or public transport made it harder to** find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- h) **Personal support/assistance, e.g. lacking or inappropriate paid or unpaid help, including all kinds of assistance such as with self-care, homemaking, shopping** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- i) **Medications (e.g. side-effects) or insufficient supplies (lacking or not properly working catheters, urine bags, germicides, splints, pillows)** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- j) **Financial situation, e.g. shortage of own savings, government support, income** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable

- k) **Communication technology, e.g. lacking or not working special writing devices, computer, telephone or mail** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- l) **Accessibility of other people's homes (clients, colleagues), e.g. inaccessible elevators, stairs or door width** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable
- m) **Accessibility of your own home, e.g. inaccessible elevators, stairs or door width** made it harder to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much harder
  - Yes, somewhat harder
  - No
  - Not applicable

**2.2. Do you avoid taking part in certain productive activities such as paid or voluntary work, education, housework, and caring for children or other family members because of these barriers?**

- No, if there are barriers, I usually overcome these.
- Yes, I sometimes avoid taking part in productive activities
- Yes, I often avoid taking part in productive activities
- Yes, I almost always avoid taking part in productive activities

**2.3. Facilitators: Please answer if the following factors made your productive life *easier* in the last 12 months.**

- a) **Accessibility of public places, e.g. accessible workplaces, schools or universities** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- b) **Climate, e.g. mild temperatures or no rain** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- c) **Attitudes of employers or other people in positions of authority , e.g. acceptance, tolerance, understanding** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- d) **Attitudes of family and friends, e.g. acceptance, tolerance, understanding** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- e) **Attitudes of colleagues or acquaintances, e.g. acceptance, tolerance, understanding** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable

- f) **Assistive technology, e.g. wheelchair, walker, stair lift, transfer boards** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- g) **Transportation, e.g. (adapted) car or public transport** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- h) **Personal support/assistance, e.g. paid and unpaid help, including all kinds of assistance such as with self-care, homemaking or shopping** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
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  - Not applicable
- i) **Medications (e.g. no side-effects) or appropriate supplies (catheters, urine bags, germicides, splints, pillows)** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
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  - No
  - Not applicable
- j) **Financial situation, e.g. own savings, government support, income** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
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  - Yes, somewhat easier
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  - Not applicable
- k) **Communication technology, e.g. special writing devices, computer, telephone or mail** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
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  - Yes, somewhat easier
  - No
  - Not applicable

- l) **Accessibility of other people's homes (clients or colleagues), e.g. accessible elevators, stairs or door width** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable
- m) **Accessibility of your own home, e.g. accessible elevators, stairs, door width** made it easier to find or maintain paid or voluntary work, to take part in education, to do housework or to take care for children or other family members.
- Yes, much easier
  - Yes, somewhat easier
  - No
  - Not applicable

**2.4. Without these facilitators, would you take part as much in productive activities such as paid or voluntary work, taking part in education, doing housework or in caring for children or other family members as you do now?**

- Yes
- No, I would take a little less part in productive activities
- No, I would take much less part in productive activities
- No, I would almost never take part in productive activities

**THANKS A LOT FOR YOUR PARTICIPATION!**